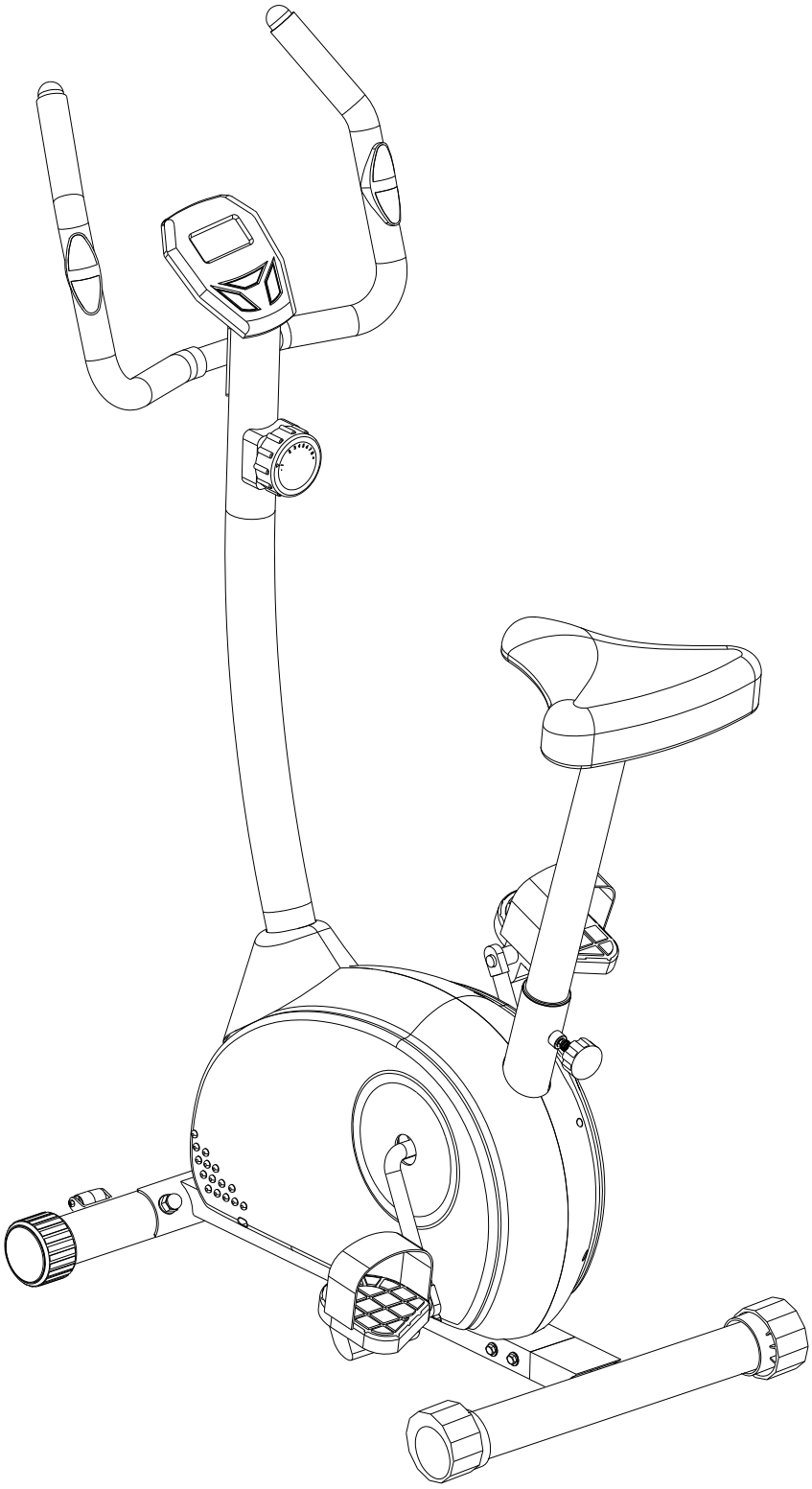
MF B100 YK-B0901A
MAGNETIC BIKE
OWNER'S MANUAL



IMPORTANT!

PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THIS BIKE!

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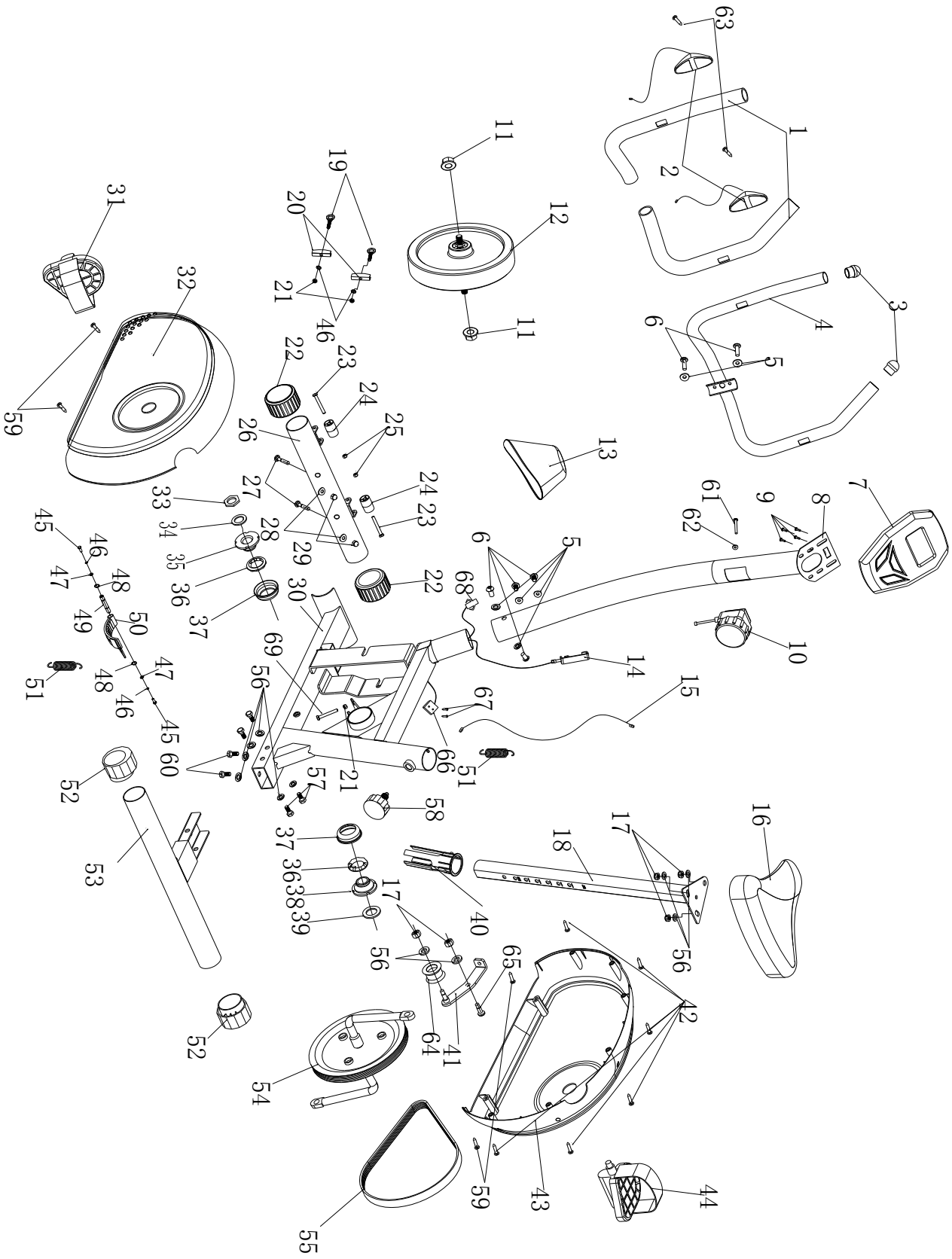
PRECAUTIONS

WARNING： To reduce the risk of serious injury read the following important precautions before using the exercise bike.

1. Read all instructions in this instruction book before using the exercise bike Use the exercise bike only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions,
3. Use the exercise bike indoors on a level surface. Keep the exercise bike away form excessive moisture and dust,
4. The safety level of the exercise bike can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the exercise bike.
5. Keep unsupervised children away from the exercise bike at all times.
6. The exercise bike should not be used by persons weighing more than 100 kg.
7. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jeweler that may get caught in moving parts.
8. Do not arch your back when using the exercise bike always try to keep your back straight.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The exercise bike is intended for home use down.
11. The exercise bike is not intended for therapeutic purposes.

WARNING: Before beginning this or and exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the exercise bike.

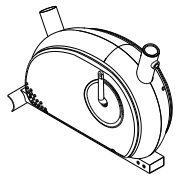
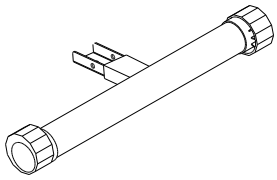
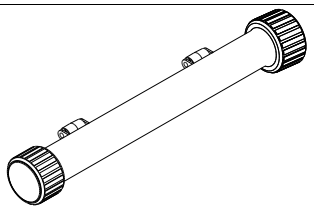
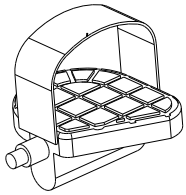
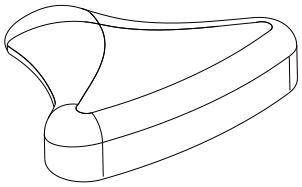
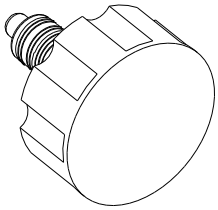
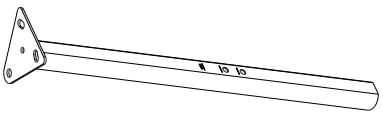
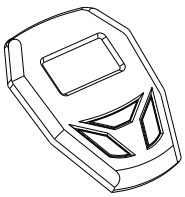
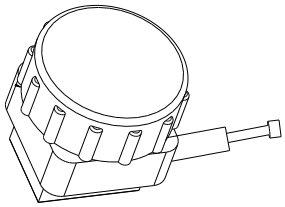
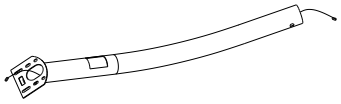
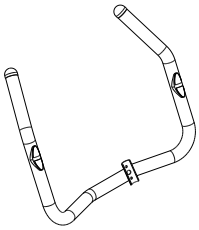
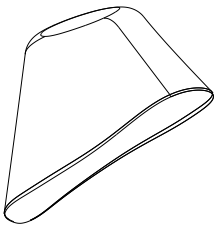
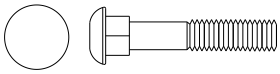
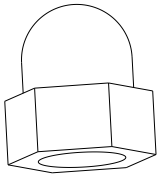
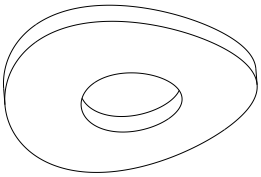
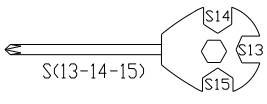
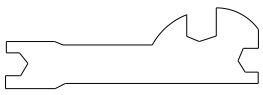
EXPLODE-VIEW:



PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Foam	2	35	Shaft sleeve Ⅰ	1
2	Handlebar pulse	2	36	Rolling bearings	2
3	End Cap	2	37	Bearing bush	2
4	Handlebar	1	38	Shaft sleeve Ⅱ	1
5	Arc-washer	6	39	Flat washer Ⅱ	1
6	Inner hex pan head bolt	6	40	Bush Ⅱ	1
7	Display	1	41	Belt-pressing board	1
8	Handlebar post	1	42	Cross pan head self-tapping screw	6
9	Cross pan head screw	4	43	Right cover	1
10	Tension controller	1	44	Right pedal	1
11	Flange nut	2	45	Hex bolt	1
12	Flywheel	1	46	Spring washer	4
13	Handlebar post cover	1	47	Arc Washer	2
14	Control wire	1	48	Snap rings	2
15	Trunk wire	1	49	Rotating axle	1
16(L/R)	Seat	1	50	Magnetic frame assembly	1
17	Loose-proofed nut	3	51	Pulling spring	2
18	Seat post	1	52	Adjust End Cap	2
19	Bolt	2	53	Rear bottom tube	1
20	Snap rings	2	54	Belt wheel assembly	1
21	Hex bolt	2	55	Belt	1
22	End Cap	2	56	Flat washer	11
23	Hex bolt	2	57	Hex bolt	4
24	Rolling wheel	2	58	Spring knob	1
25	Loose-proofed nut	2	59	Cross pan head self-tapping screw	4
26	Front bottom tube	1	60	Hex bolt	2
27	Carriage bolt	2	61	Cross pan head screw	1
28	Bigger arc-washer	2	62	Big arc-washer	1
29	Dome nut	2	63	Cross pan head self-tapping screw	2
30	Mainframe	1	64	Belt-pressing wheel	1
31	Left pedal	1	65	Inner hex pan head bolt	1
32	Left cover	1	66	Sensor	1
33	Thin hex nut	2	67	Screw	2
34	Flat washer Ⅰ	1	68	Bottom sensor wire	1

PACKAGE LIST

 mainframe	 #53 Rear bottom tube 1PC	 # 26 Front bottom tube 1PC
 Pedal(L/R)	 #16 Seat 1PC	 # 58 Knob 1PC
 #18 Seat post 1PC	 #7 Display 1PC	 #10 Tension controller 1PC
 #8 Handlebar post 1PC	 #9 Handlebar 1PC	 #13 Handlebar post cover 1PC
 #27 Carrigage bolt 4PCS	 #29 Dome nut 4PCS	 #28 Arc washer 2PCS
 Cross wrench	Inner hex spanner	 Multi-function wrench

ASSEMBLY STEPS

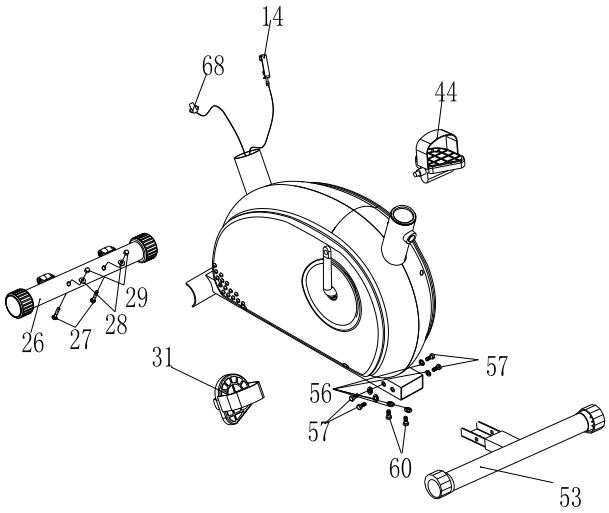
STEP 1:

Lock front bottom tube (26) to the main frame with cross pan head square beck bolt (27), Arc-washer (28) and dome nut (29).

Lock rear bottom tube (53) to the main frame with bolt hex bolt (60), (57) and flat washer (56).

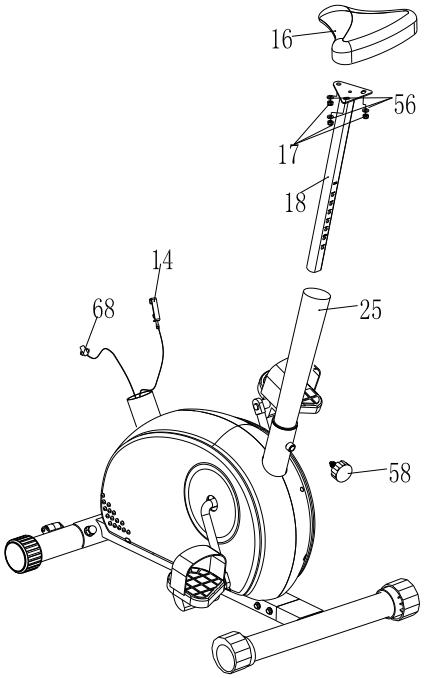
Fasten the pedal (44) and (31) to the crank separately.

ATTENTION: There are labels “L” and “R” on the left and right pedals. You should assemble the left pedal in anti-clockwise direction while the right pedal in clockwise direction.



STEP 2:

Connect the seat (16) to the seat post (18) with loose-proofed nut (17) and flat washer (56). And then insert the seat post assembly into the main frame and fasten it with spring knob (58).



STEP 3:

Pull the handlebar post cover (13) through handlebar post (8) to the higher position.

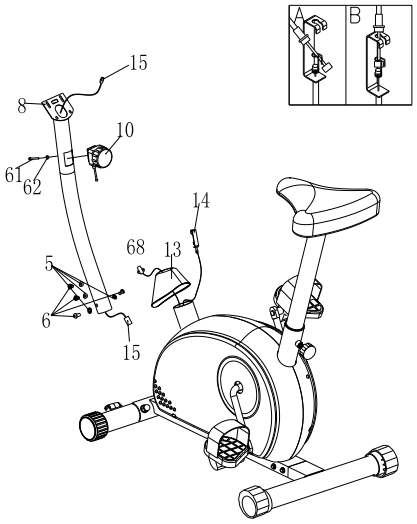
Draw the control wire (14) through the handlebar post (8).

Connect bottom of the trunk wire (15) with the bottom sensor wire (68).

Connect the handlebar post assembly to the main frame with inner hex pan head bolt (6) and arc-washer (5).

Connect the tension controller (10) with control wire (14). (See pictures A&B)

Fix the tension controller (10) to the handlebar post (8) with cross pan head screw (61) and bigger arc-washer (62).



STEP 4

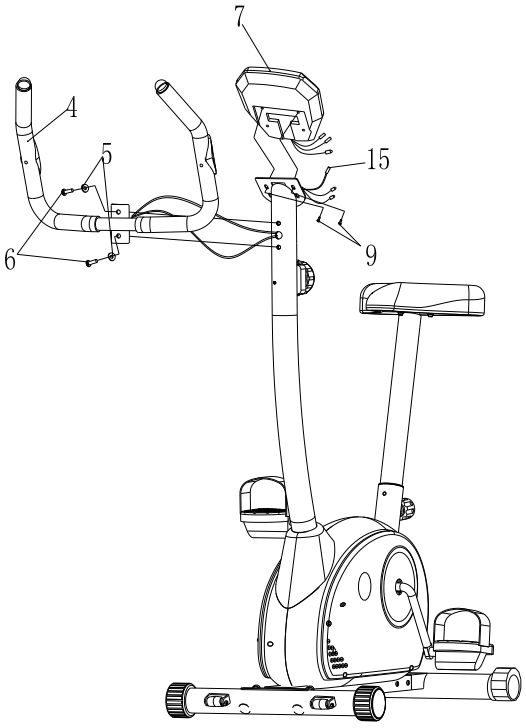
Fix handlebar (4) to the main frame with inner hex pan head bolt (6) and arc-washer (5).

Connect the wire of the display (7) with trunk wire (15).

Draw the wire of the display through the hole of handlebar post (8).

Connect the wire of the handlebar (4) with the wire of display (7).

Fix the display (7) to the handlebar post (8) with Cross pan head screw (9).



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential of successful results.

WARNING: Before beginning this or and exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

Relieve tension and stress
Provide enjoyment and fun
Stimulate the mind
Help maintain stable weight
Control appetite
Boost self-image
Improve muscle tone and strength
Improve flexibility
Lower blood pressure
Relieve insomnia

TARGET HEART RATE

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the exercise bike.

BEGINNERS GUIDE

If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and no not currently exercise,
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out see page 9.
- Start slowly; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15 minute sessions per week with a rest day between work-outs.
- Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out. Seated cycling works mainly the quadriceps (thing) and hamstrings.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work –out with a 5-minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session,
- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone.
The table on the previous page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the exercise bike.
Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

CALF STRETCH

- Stand with one leg in front of the other, both feet facing forwards and the front leg bent (the knee should be above the ankle).
- Press the heel of the back leg into the floor until you begin to feel the calf muscle in the back of the rear leg starting to stretch.

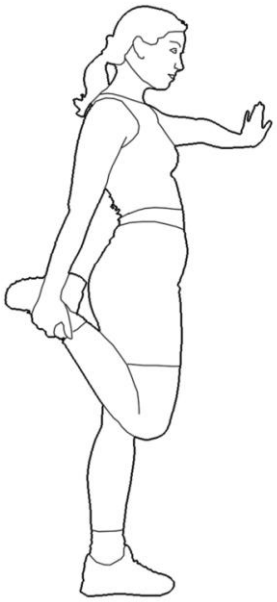
Note:

Side the rear leg backwards to increase this stretch if required.

HAMSTRING STRETCH

- Sit with one leg extended. Bring the other leg towards you and rest the sole of that foot onto the inner thigh of the extended leg.
- Keeping your shoulders square, reach forward towards your toes as far as possible, hold for the required count and then relax.

Note: Keep your back and rear leg straight when performing this stretch.



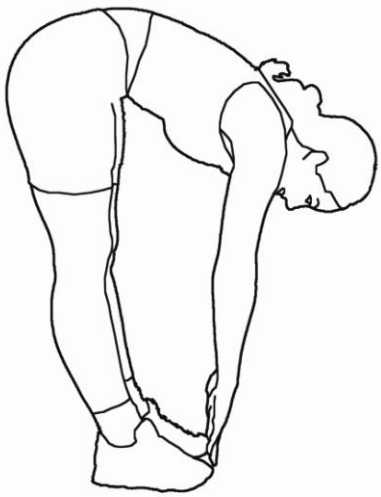
QUADRICEPS STRETCH

- With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for the required count and then relax.

INNER THIGH STRETCH

- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for the required count and then relax.

TOE TOUTH STRETCH



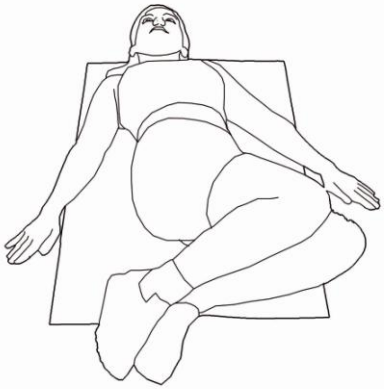
- Stand with your knees bent slightly and slowly bend forward from your hips.

- Allow your back and shoulders to relax as you reach down toward your toes, stretch as far as possible. Hold for the required count, the slowly return to the upright position and relax.

GLUTS (BUTTOCKS) STRETCH

- Sit up with your right leg stretched outwards; place your left foot over your right leg at the knee joint, placing your foot flat on the floor.
- Use your right arm to pull the bent knee across your body until you begin to feel a stretch in the left buttock. Hold for the requited count and then relax.
- Repeat using the opposite arms and legs.

LOWER BACK



- Lie on your back with your knees bent.
- Keeping your upper back firmly on the floor, allow your knees to fall to one side, your lower back will rotate naturally. Hold for the

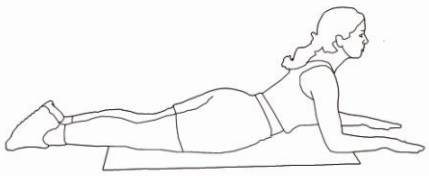
required count and relax.

- Repeat on the other side.

Note: If any pain is felt avoid this stretch

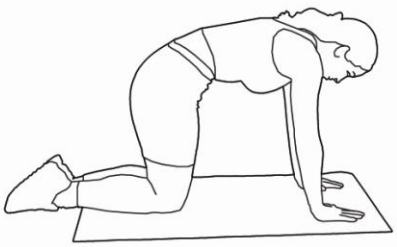
UPPER ABDOMINALS STRETH

- Lie on your stomach with your forearms flat on the floor palms facing down.
- Try to lift your head upwards while looking forwards at all times, taking the weight onto your forearms and allowing your hips to relax into the floor. Hold for the required count and then relax.



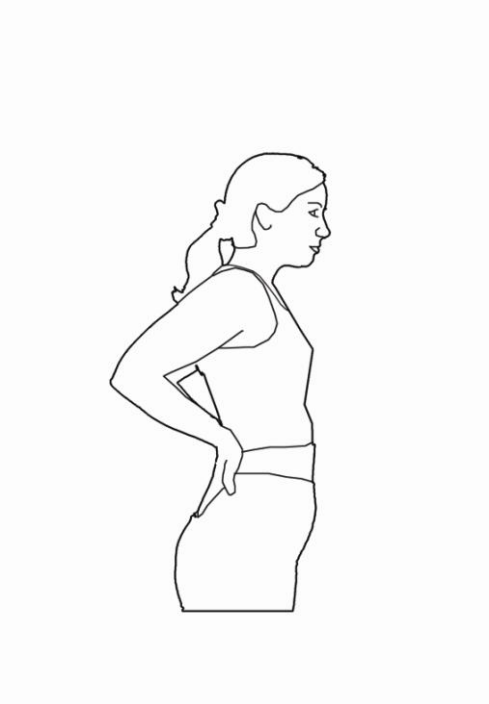
UPPER BACK

- Start off on all fours looking down towards the floor.
- Push your shoulders as high as possible; imagine a wire placed between your shoulder blades lifting you. Hold for the required count, and then relax.



Note: This stretch is sometimes called the cat stretch.

CHEST STRETCH

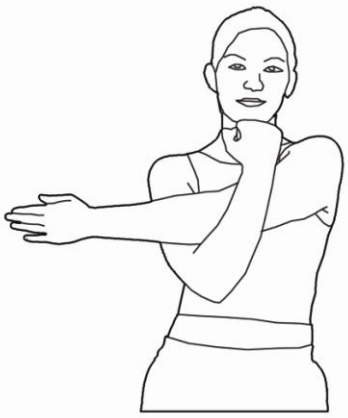


- Stand up and place both hand on the small of your back (just above your backside).
- Keeping your hands where they are, slowly push your elbows together, and push your chest outwards.

Note: This stretch is sometimes called the cat stretch.

- Hold for the required count, and then relax.

DELTOIDS SHOULDER STRETCH



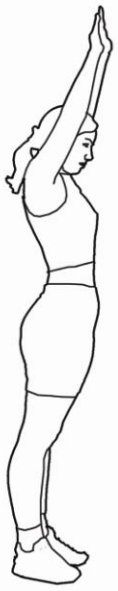
- Stand up and place one arm across the front of the body.
- Use the other arm to push the outstretched arm into your chest.

Note: Push at the point just above the elbow.

- Try to keep the arm straight and breathe normally. Hold for the required count and then relax.

ALL OVER STRETH

- Stand with your feet shoulder width apart and your knees slightly bent.
- Place your hands above your head with your thumbs touching. Reach up evenly as high as possible, and hold for the required count and then relax.



SPECIFICATIONS

Dimensions (L x W x H)	980x480x1310mm
Class Rating	HC
Maximum User Weight	100kg

Please note that the specifications are subject to change without notice.